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OCRACOKE COOK BOOK

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OCRACOKE COOK BOOK



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BOILED SALT FISH

Soak fish overnight or all day. Put fish in cold water, bring to a boil, boil over medium heat about 20 minutes. Serve with hot pepper vinegar or fried out salt pork cubes crisped with drippings very hot.

With this serve corn meal cakes.

Boiled fresh fish is the same except have water boiling and salted then drop fish in skin down.

— Mrs. Rosa Garrish

STEWED DRUM

Cut drum in small pieces. Put in pot with 8 potatoes (whole), pepper and salt to taste. Slice 2 onions and put in; then fry out salt pork cubes and pour over all. Put in enough water to cover fish. Cook for $\frac{1}{2}$ hour, then thicken gravy with a little corn starch mixed in a little water. (1 tablespoon)

Cook about 15 minutes longer.

— Mrs. Dell Scarborough

CREAMED DRUM (Channel Bass)

Soak one pound of salt drum overnight to freshen. Boil and flake. Make sauce of $\frac{1}{2}$ stick butter, 2 tablespoons flour and one cup top milk or coffee cream, pepper to taste. Add drum flakes, heat to boiling and serve with baked potatoes or on toast.

— Mrs. Myra Wahab

BOILED OLD DRUM AND POTATOES

Cut up drum fish in pieces; sprinkle well with salt; let stand for $\frac{1}{2}$ hour before cooking. Boil potatoes separately. Serve with fried out salt pork, chopped onion, and hard-boiled eggs and baked corn bread.

— Mrs. Dell Scarborough

FRIED DRUM (Ocracoke style)

Cut in pieces, salt and roll in corn meal; fry in hot fat till brown. Serve hot with rolls, cole slaw, and cold boiled white beans or black eyed peas.

— Mrs. Dell Scarborough

OLD DRUM BAKED (Ocracoke style)

Put one side of drum if large in a large baking pan, sprinkle salt and pepper on fish; then fry out fat pork and pour over all the fish. Sprinkle with chopped or sliced onions. Peel 8 potatoes; slice them and put in pan where the fish does not cover, then cover fish and potatoes with water. Bake in not too hot oven for 2 hours or until brown. Serve with corn bread and cole slaw. Serves about 8 people. (If small drum is used, bake whole).

— Mrs. Dell Scarborough

BAKED BONELESS SHAD

Have shad dressed whole, salt and pepper as desired. Place in roaster with a tight lid, strip with bacon across fish and also place a strip in cavity. Add water to about $\frac{3}{4}$ inch in pan. This will make just enough moisture, cover closely and bake in a 250 deg. oven for seven hours.

This is real company fare, no bones.

— Mrs. Myra Wahab

BOILED DRUM

Cut drum into small pieces and put in cold, salted water. Bring to a boil; boil about 10 or 15 minutes. Serve on platter with boiled potatoes, sliced raw onions, hardboiled-eggs around the fish.

Make a sauce of fried-out small pieces of salt pork or cracklings.

— Mrs. Laura Bragg

CORNEF FISH

Clean fish, cut in half, remove back bone. Place pieces on wax paper or platter. Salt heavily, let stand 20 minutes. Then wash in cold water to remove all salt. Hang up to dry about 12 hours.

Fry in pan with little shortening, or broil.

(This can be stored in refrigerator by wrapping each piece separately in wax paper until ready to use.)

Serve with pan fried potatoes and corn bread.

— Mrs. Irene O'Neal

BAKED BLUE FISH (Ocracoke Style)

Three or four pound blue fish cleaned and ready for baking. Place fish in baking pan, then sprinkle salt and pepper well inside and outside of fish. Peel and slice thin 4 or 5 potatoes and 2 onions. Lay over fish, then put slices salt pork over fish and potatoes. Add two cups water. Bake in hot oven until fish and potatoes are brown (about two hours). Add extra water and thicken with 1 teaspoon corn starch if gravy is desired.

— Mrs. Ellen Robinson

BAKED SHEEPSHEAD (OR FLOUNDER)

Dress and wash a rather large whole fish. Sprinkle well with salt and pepper. Place in baking pan. Slice 2 medium sized onions and one large onion and place around edges of pan. Add water about 1 inch deep, then pour flour paste (3 tblsp. flour mixed with $\frac{1}{2}$ cup water) on top of fish. Place in 375 deg. oven for one hour and 15 minutes, according to size of fish. Also add 2 strips of bacon or salt pork on top of fish and spoon gravy over often until it makes a nice brown top.

— Mrs. Fannie Willis

BAKED FLOUNDER

1 cup potatoes sliced thin
1 onion sliced thin

4 lb. flounder
4 slices salt pork

Rub fish inside with salt and pepper, sprinkle with pepper and flour. Place in baking pan. Cover with water and put in potatoes and onions and place salt pork on fish.

Bake 50 to 60 minutes according to size of fish at 350 deg.

— Mrs. Bertha Garrish

BAKED FLOUNDER

Clean flounder, leaving head and tail on. Fill fish with thin slices of potato. Add more sliced potatoes over fish and in pan and slices of salt pork and sliced onion, salt and pepper. Sprinkle with flour and slices of salt pork on fish. Add 2 cups of water and $\frac{1}{2}$ cup catsup or juice from canned tomatoes.

Bake in 300 deg. oven about 1 hour, then reduce heat to 150 deg. and bake 1 hour longer.

— Mrs. Eva Williams

FRIED FRESH MULLET

(or other varieties)

Cut off tail and head. Split fish down middle, removing back bone, leaving two sides of dressed fish. Wash and dry or drain. Add salt and pepper and sprinkle with corn meal or cracker meal. Cook in deep fat or saute in little fat until browned on both sides.

— Mrs. Fannie Willis

SMOTHERED DRUM

Wash drum, slice crosswise in 2 inch strips, pepper and salt fish. Put in hot grease, sliced onion, and lay on top of fish, You don't use any water except what comes from washing the fish and onions. Put lid on and cook until done. This doesn't brown.

— Mrs. Doris Garrish

STEWED CLAMS

1 qt. medium sized clams
6 medium sized potatoes
1 onion

3 slices salt pork
salt and pepper

Cut salt pork in cubes, fry until crisp and golden brown in pot stew is to be cooked in. Add clams whole or cut in large pieces. Add clam liquor and water to cover. Add seasonings. Cook slowly until tender, 2 to 3 hours. Quarter or slice potatoes, cut up onion, and add these. If desired add corn dumplings, cook until done.

— Mrs. Emma Ballance

CLAM FRITTERS

1 pint clams chopped fine
and drained well
1 egg
2 tablespoon flour

1 very small onion chopped
fine optional
1/2 teaspoon baking powder

Mix all together; fry in fairly deep fat.

— Mrs. Levella Howard

CLAM FRITTERS

Chop or grind one pint clams. Add mixture of 1/2 tsp. salt, 2 tsp. baking powder, 1/2 cup flour, 1 beaten egg, and 1/4 cup canned milk or clam juice. Mix well.

Drop from spoon to make fritters in 1/4 inch of grease in fry pan. Brown well.

— Mrs. Fannie Willis

CLAM FRITTERS

1 quart clams chopped fine
1 cup flour
1 tsp. baking powder

1 egg
salt and pepper

Sift flour, baking powder, salt and pepper together. Add to clams. Beat in egg.

Fry in hot fat till brown. Serves about six.

— Mrs. Bertha O'Neal

CLAM CHOWDER

1 qt. clams
1 small can tomatoes
1 small can whole grain corn

4 medium size potatoes
2 medium size onions
salt to your taste

Small piece of salt pork fried out. Chop clams but not too fine. Let cook one hour in one pint of water. Then add other ingredients.

— Mrs. Irene O'Neal

DEVILED CLAMS

24 clams — large — ground
2 cups bread cubes (crust
removed)
1/4 cup butter
1 small onion

1 tblsp. Worcestershire Sauce
1 tblsp. chopped parsley
2 eggs — slightly beaten
1 cup rich milk or light cream

Melt butter in heavy frying pan, saute onion till soft. Remove from fire. Add clams, bread cubes and W. sauce, dash pepper, add eggs. Return to fire (medium, not too hot). Gradually add milk. It may not take all of it as you want it fairly thick. Keep stirring till cooked through.

Put in buttered shells or casserole. Sprinkle with fine bread crumbs and dot with butter. Put in fairly hot oven and brown (about 375°)

— Mrs. Hilda Scarborough

CLAM CHOWDER

1 quart clams, chopped fine
3 slices salt pork

5 medium potatoes cubed;
1 medium onion

Fry out salt pork until light brown. Add all other ingredients and a quart of water. Cook slowly about 1 to 1 1/2 hours (no longer).

— Mrs. Rosa Garrish

CLAM CHOWDER

1 quart clams (medium ground
or chopped)
3 medium potatoes, cubed small
1 onion cut fine

2 slices salt pork (cut in cubes)
2 quarts water
salt to taste

Fry out pork till brown. Add clams and onion and water. Cook about 1 1/2 hours then add potatoes; cook another 1 1/2 hours on very low heat.

— Mrs. Levella Howard

WAHAB VILLAGE HOTEL CLAM CHOWDER

1 quart chopped clams
1 quart water
4 medium onions

1 pint sliced potatoes
Drippings from 6 strips bacon
(not salt pork)

Put all ingredients in pot and cook slowly for at least four hours. Add water as needed.

This chowder should be thick when finished.

— Mrs. Beulah Boyette

FRIED HARD CRABS

Clean hard crabs, claws removed, crack shells. Salt, pepper, and flour. Have frying pan and fat hot. Fry till brown, about 15 or 20 minutes, moderate heat.

— Mrs. Eva Williams

STEWED HARD CRABS

1 doz. hard crabs, cleaned, with claws removed	Salt and pepper to taste 2 tblsp. flour sifted
4 potatoes peeled and quartered	1 thick slice salt pork
1 onion cut up	

Fry out salt pork till brown. Add crabs, potatoes, onion, flour, salt and pepper. Cover with water. Cook very slowly about 1 hour. When half done add corn dumplings.

— Mrs. Eva Williams

CRAB CAKES

Mix cooked crabmeat with a generous supply of butter and enough bread crumbs to hold together; salt and pepper to taste; a little Worcestershire sauce; mustard, if desired. Brown in butter.

— Mrs. Selma Spencer

DEVILED CRABS

1 lb. crab meat	1 cup milk or light cream
5 tblsp. butter	1 tsp. Worcestershire sauce
2 tblsp. heaping flour	1 tblsp. chopped parsley
1/2 tsp. dry mustard	1 tsp. lemon juice
1 tsp. salt	2 hard cooked egg yolks (sieved)
Dash black & red pepper	1 raw egg yolk

Melt butter in heavy skillet. Mix flour, mustard, salt and pepper, blend into melted butter. Beat egg into milk and add to butter mixture; keep stirring over moderate heat until thickened and smooth. Add Worcestershire, parsley, and lemon juice and sieved hard-cooked egg yolks. Fold in crab meat. Try not to break it up too much. Fill buttered shells, sprinkle with fine bread crumbs, dot with butter, brown in 375 oven.

— Mrs. Hilda Scarborough

CASSEROLE OF CRAB

1 tsp. grated onion - scant
4 tblsp. butter or margarine
4 tblsp. flour
Dash of pepper
4½ cups rich milk

1 tsp. Worcestershire sauce
4 eggs beaten
1½ lbs. crab meat
1 cup buttered crumbs

In saucepan saute onion over slow heat, blend in flour, salt and pepper. Add milk and Worcestershire sauce, stirring constantly until thickened. Remove from fire. Add beaten eggs stirring constantly. Put crabmeat in greased casserole, add sauce. Do not stir in crabmeat. Sprinkle with buttered crumbs. Bake about 1 hour (or until inserted knife comes out clean) at 325 deg. About 6 portions.

— Mrs. Hilda Scarborough

CRAB MEAT CAKES

1½ lb. cooked crab meat
1 cup bread crumbs
1 egg
2 tblsp. finely chopped onion
2 tblsp. finely chopped green pepper

1 tsp. Worcestershire sauce
1/8 tsp. salt
1 tsp. dry mustard
¼ tsp. thyme

Blend mixture, form into medium size cakes. Roll cakes lightly in flour and fry in deep hot crisco until brown and crisp. Serve with hot Tabasco sauce.

— Mrs. Elizabeth G. Howard

CRAB CAKES

½ lb. crab meat
1 egg
½ cup cream potatoes,
cornflakes or pancake flour
Salt and pepper to taste
Dash of Worcestershire sauce.
Fry in deep fat.

½ small onion, chopped
1 tblsp. mustard
1 tblsp. mayonnaise

— Mrs. Doris Garrish

ROAST OYSTERS

Fill roaster with oysters in shell. Put in hot (450) degrees oven for about $\frac{1}{2}$ hr. or until oysters are hot all the way through. Serve with toasted saltines or with hot biscuits.

— Mrs. Hilda Scarborough

OYSTER STEW

$\frac{1}{4}$ lb. salt pork, diced and
cooked until crisp
1 qt. oysters and liquor

1 qt. water
salt and pepper to taste

Bring mixed ingredients to boiling point, cook 15 minutes over moderate heat. Serve with oyster crackers. Serves 4 to 6.

— Mrs. Bertha O'Neal

FRIED OYSTERS (CLUSTERS)

Make a batter of 2 eggs, $\frac{1}{2}$ c. flour, 2 tbsp. corn meal, salt and pepper. Pour liquor off 1 pt. oysters and stir oysters into the batter. Drop by spoonfuls (2 or 3 oysters in a cluster) into deep fat and fry.

— Mrs. Laura Bragg

STEAMED OYSTERS

Put oysters in shell in large pot and cover with boiling water. Let stand about 15 minutes. Serve with toasted saltines or hot biscuits.

— Mrs. Hilda Scarborough

OYSTER DRESSING

Crumble 12 biscuits, scald and mash throughly. Add $\frac{3}{4}$ c. sifted meal, 2 tsp. baking powder, 3 eggs, salt and pepper to taste, and enough well-drained oysters to thin sufficiently (approximately 1 qt.). Bake dressing in a well-greased pan. Rub grease on top before baking to make it brown well.

— Mrs. Hilda McWilliams

OYSTERS ON HALF-SHELL

1 qt. oysters	salt
2 med. onions chopped fine	pepper
1 tbsp. butter or margarine	1 c. toasted bread crumbs
1/4 cup butter	

Chop oysters, not too fine, drain before chopping, save liquor, brown onions lightly in butter, add oysters. Cook till oysters stop drawing water. Add toasted bread crumbs and a little of the liquor saved from the drained oysters. Add butter and heat until melted. Fill greased shells with oyster mixture. To 1 c. soft bread crumbs add 1/4 c. melted butter and sprinkle over the top. Bake till light brown (450 degrees) for about 15 minutes.

— Mrs. Hilda Scarborough

OYSTER PATTIES

1 pt. oysters (drained)	1/4 tsp. baking powder
3 tsp. flour (level)	1/4 tsp. salt
1 egg	1/4 tsp. pepper.

Mix ingredients and fry in deep fat.

— Mrs. Eva Williams

OYSTER PIE

Line pie pan with rich pie pastry. Fill with layers of oysters dotted with butter. Continue until pie is as deep as wanted ending with butter and a generous sprinkling of pepper. Cover with top crust and seal. Make slashes in crust to allow steam to escape. Bake in 400 degree oven until brown and bubbly.

— Mrs. Myra Wahab

OYSTER PONE

1 qt. oysters	1 egg
1 c. meal	salt & pepper
1/2 stick margarine	1/2 c. milk

Mix oysters, sifted meal, salt, pepper, beaten egg, melted butter, or margarine, and milk together. Put in well-greased loaf pan and bake in a slow oven for an hour or until well done.

— Mrs. Dell Scarborough

SHRIMP PIE

1/2 stick margarine	2 lb shelled shrimp
2 hard-boiled eggs	2 c. diced potatoes
pepper and salt to taste	1 small onion

Cook shrimp until tender, add cooked potatoes, chopped onions, margarine, chopped eggs, pepper and salt. Add 3 c. hot water and cook for five minutes. Thicken with a tbsp. corn starch which has been mixed with a little cold water. Pour in a fairly deep baking pan. Cover the top with rolled out biscuit dough. Bake until brown (15 or 20 minutes). Serve hot with cole slaw and sliced tomatoes.

— Mrs. Dell Scarborough

SHRIMP COCKTAIL

3 lb. shrimp	1tbsp. dry mustard
1 handful salt	ground red pepper to
1/2 c. vinegar	turn water red

Bring water to boil. Add shrimp (if frozen, separate as quickly as possible), cook about 15 minutes or until shells leave shrimp - do not overcook. Serve with cocktail sauce.

COCKTAIL SAUCE

1/2 bot. catsup	juice of 1/2 lemon
1/2 bot. chili sauce	2 tbsp. horse-radish or to taste
2 tbsp. Worcestershire sauce	

— Mrs. Hilda Scarborough

STEWED SHRIMP WITH DUMPLINGS

1/4 lb. salt pork cut in cubes	10 potatoes (peeled and cut in
3 lb. green shrimp	quarters)
1 onion cut up	

Fry out salt pork cubes till brown in saucepan. Add shrimp whole, potatoes, onion, salt and pepper to taste and enough water to cover. After stew comes to a boil, thicken slightly with flour which has been mixed with a little cold water. When half done, add corn dumplings.

CORN DUMPLINGS

1 1/2 c. sifted corn meal	1/4 tsp. baking powder
1/4 tsp. salt	

Add to ingredients enough cold water to make thick dough for dumpling to hold together. Make into rounds like biscuits and pat into flat cakes and place on the top of stew. Makes 6 or 7 dumplings.

— Mrs. Iva Garrish

RITZY SHRIMP SPREAD

Make a cocktail sauce of $\frac{1}{2}$ mayonnaise and $\frac{1}{2}$ catsup (or bottled cocktail sauce), and a little hot sauce and Worcestershire, and some finely chopped onions. Use enough of this mixture to make a paste when chopped cooked shrimp are added. A few chopped olives, also, if desired. Serve as a spread on ritz or other crackers.

— Alice K. Rondthaler

FRENCH FRIED SHRIMP

Slice cooked shrimp lengthwise and add to a vegetable tossed salad. I usually cut my celery, green pepper, tomatoes in thin rather long slices and shred the lettuce in long strips. I sometimes also add slices of black pitted olives for color. Use an Italian or some similar oil dressing.

— Alice K. Rondthaler

SHRIMP TOSSED SALAD

1 c. flour (scant)
 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ c. cold water

1 egg
2 tbsp. salad oil

Put in bowl in the order given and beat thoroughly. Dip shelled green shrimp in batter. Put in deep fat and cook until done.

— Mrs. Hilda Scarborough

BAKED SEAFOOD SALAD

3 hard-boiled eggs
1 c. celery
 $\frac{1}{3}$ c. bell pepper
 $\frac{1}{3}$ c. onion
1 pimienta
1 c. sliced fresh shrimp
1 c. fresh crab meat
1 c. very soft bread crumbs
(remove crusts)

$\frac{3}{4}$ to 1 c. mayonnaise
 $\frac{1}{4}$ c. ripe olives
salt and pepper to taste
3 tsp. Worcestershire sauce
dash of Indo Pep
small pinch of thyme
small pinch of salad herbs
small pinch fish herbs

Mix the above ingredients. Place in greased casserole, sprinkle with extra soft bread crumbs. Just before removing from the oven, sprinkle with your favorite sharp cheese and crisp bacon crumbs. Bake 325 deg. 40 min.

— Mrs. Maggie Boos

SHRIMP STEW

3 lb. shrimp	1 c. diced potatoes
$\frac{3}{4}$ c. diced salt pork	1 tsp. salt
1 tbsp. flour	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ c. diced onions	2 c. water

Remove shells and veins from shrimp. Fry salt pork until brown in saucepan. Add flour and slightly brown. Add onions, shrimp, potatoes, salt and pepper. Cover and cook until the shrimp are tender.

— Mrs. Olive Garrish

SHRIMP WITH GRAVY

Dredge fresh shelled shrimp heavily with flour, salt and pepper to taste, sear on both sides in shallow fat, then cover with cold water and let simmer about 15 minutes or until gravy has been made.

— Mrs. Maxine Mason

SHRIMP NEWBURG

Melt 2 tbsp. butter, stir in until blended $1\frac{3}{4}$ tbsp. flour, stir in slowly 1 c. cream. When sauce is thick, stir in 3 tbsp. tomato catsup and $\frac{3}{4}$ tbsp. Worcestershire sauce. Remove shells and clean 1 lb. of cooked shrimp. Add to the sauce and stir together until they are well heated.

Season with salt, paprika, and a few grains of cayenne pepper. Immediately before serving add 2 tbsp. sherry. Serve in a grits ring or over rice.

— Mrs. Myra Wahab

SHRIMP SALAD

Sprinkle 1 lb. cooked, cleaned, diced shrimp with 1 tbsp. lemon juice. Combine with 1 c. diced celery, 2 hard boiled eggs, sliced, 2 tbsp. green onion slices. Chill. Lightly toss with $\frac{1}{2}$ c. mayonnaise, salt and pepper to taste. Serve on lettuce. Tuck in cucumber slices and sprinkle with paprika. Serves four.

— Mrs. Fannie Willis

STEWED DIAMOND BACK TERRAPIN

Remove shells from four terrapins, pour boiling water over meat, skin and remove claws, cut off head.

$\frac{1}{4}$ lb. salt pork cut in cubes, fried out in pot terrapins are to be cooked in. Add terrapin and eggs if any (of terrapin). 4 or 5 medium potatoes peeled and quartered, 1 onion cut up, salt and plenty of black pepper; 1 pod red pepper. Water to cover. Cook about $1\frac{1}{2}$ hours.

— Mrs. Loui Dell Williams

DIAMOND BACK TERRAPIN

Boil meat of six terrapin until tender. Season to taste with salt and pepper. Melt 1 stick of butter and brown six tablespoons flour in butter, add terrapin to butter, flour mixture. Add $\frac{3}{4}$ cups sherry wine. Bring back to boil and serve in soup plates with crisp crackers.

To prepare terrapin cut off heads, scald and cut from shell, skin pieces and remove claws.

— Mrs. Myra Wahab

STEWED TURTLE

Small hind quarter of turtle. Pour boiling water over turtle and skin it. Parboil about $\frac{1}{2}$ hour after it starts to boil or until it starts to leave the bone. Remove from fire. With sharp knife cut in pieces crosswise of grain or it will be stringy. Remove all bones.

$\frac{1}{2}$ lb. salt pork cut in cubes, fry this out in large pot turtle is to be cooked in.

5 lbs. potatoes cut in quarters

1 lb. onions cut up

2 teaspoons pepper, black, dash red pepper or pod of red pepper.

Add turtle and enough water to cover. Cook on low heat about two hours.

— Mrs. Eva Williams

STEWED SNAPPER or SWAMP TURTLE

Medium sized turtle. Remove shell, pour boiling water over meat to remove skin. Boil until it starts to leave bone. Remove bone and cut in pieces.

Fry out salt pork, about $\frac{1}{4}$ lb. cut in cubes, in the stew pot and when pork is crisp add turtle.

Add 4 or 5 white potatoes quartered, 2 onions cut up, black pepper and pod of red pepper, 1 cup cooking wine, water to cover.

Cook slowly for about 2 hours. When done add 2 hard cooked eggs cut up fine. Serve with baked corn bread.

— Mrs. Elizabeth G. Howard

WILDFOWL

STEWED WILD GOOSE

1/4 lb. salt pork

1/4 cup flour

8 potatoes halved

Corn dumplings or

drop pastry dumplings

Cut up goose.

salt and pepper

pod of red pepper

In large pot fry out salt pork until light brown, add flour slightly browned, add cut up fowl. Add salt, pepper, pod red pepper, and enough water to cover. Cook until tender, then add potatoes and corn dumplings. Lay dumplings in top or add drop dumplings when nearly done.

Wild ducks prepared the same way but ingredients will have to be reduced according to number and size of ducks.

— Mrs. Eva Williams

FRICASSEE OF CHICKEN

Cut into joints, place in stew pan with 2 raw onions cut into eight parts, Add a little chopped parsley, salt and pepper and just a little lemon juice squeezed over it. Add a piece of butter size of an egg. Pour in a pint of water. Stew for an hour under tight lid, then lift lid and pour off the gravy into which beat gradually a cup full of cream and the yolk of two eggs. Heat this up, but don't boil. Pour over the chicken.

— Mrs. Bessie Howard

HUSH PUPPIES

1 cup meal
1/2 cup flour
1 tsp. baking powder

1/2 cup milk and water
1 tablespoon sugar
1 tsp. salt

Mix altogether, this makes a thick batter. Drop by teaspoon in hot fat. Brown. Serve hot.

— Mrs. Martha Jane Gaskins

SPOON BREAD

1/2 cup corn meal (waterground)
1 tsp. bacon drippings
1 tsp. sugar
1 tsp. salt

1 egg beaten
1/2 cup boiling water
1 cup sour or buttermilk
1/4 tsp. soda

Sift corn meal in baking dish with bacon drippings, sugar, salt. Add boiling water, stir well. When cool add well beaten egg, milk and soda, and one teaspoon cold water. Mix well. Bake 350° about 30 minutes or until set. If sweet milk is used add one teaspoon baking powder in place of soda.

— Mrs. Hilda Scarborough

CORN BREAD

Mix 1 cup meal, 1/2 cup flour, 1 tsp. salt, 2 tsp. baking powder, then add one egg, 1 cup water and 1/2 cup canned milk. Mix well. Fry in cakes in a little fat.

To bake add 3 tablespoons melted fat to above ingredients and bake in greased pan until brown.

— Mrs. Fannie Willis

SEAFOOD CORN STICKS

Use your favorite corn stick recipe and to this mixture add crab meat or very finely chopped shrimp. Also add 1 teaspoon Worcestershire sauce and a good dash Indo pepper. Very good with chilled seafood salad. Can use fresh or canned crab meat or shrimp.

— Mrs. Maggie Boos

MRS. ELEANOR'S ROLLS

3 cups flour sifted
1/2 teaspoon salt
3 tablespoon sugar

1/2 pkg. yeast dissolved in
cup warm water
1/2 cup more water
1/2 cup shortening

Sift flour, salt, sugar together; work in shortening and liquid. Let rise till double then make out in rolls; let rise again and bake.

— Mrs. Eleanor Ballance

CORN MEAL DODGERS

Scald 1 cup meal and 1 tsp. of salt with boiling water. Continue to add water until mixture is consistency to drop — not too stiff — beat very well.

Fry in small cakes about the size of a biscuit in hot fat that is at least $\frac{1}{4}$ inch deep. When brown turn and brown on other side.

These will be very crisp on the outside but soft on the inside. Serve with seafood.

— Mrs. Myra Wahab

HUSH PUPPIES

$2\frac{1}{4}$ cups meal

$\frac{3}{4}$ cups flour

$1\frac{1}{2}$ tablespoons sugar

$\frac{3}{4}$ tablespoon salt

3 tsp. baking powder

2 small eggs

1 pint buttermilk or sour milk

Beat eggs until light. Add part of buttermilk. Sift together into a bowl the meal, flour, sugar, and salt. Add the eggs and milk mixture to dry ingredients and add remaining buttermilk. Last of all add baking powder. Drop in deep hot fat for 2 to 3 minutes — until golden brown.

— Mrs. Lela G. Howard

PONE BREAD

1 qt. meal

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ cup flour

1 cup molasses

$\frac{1}{4}$ teaspoon soda

Sift meal with salt then scald it damp. Add molasses. Leave overnight; add soda, grease pan. Bake 2 hrs. very slow.

— Mrs. Lola Williams

CORN DUMPLING

1 cup sifted meal

$\frac{1}{2}$ tsp. salt

1 tps. baking powder

Scald meal with water and enough to make thick paste. Make into dumpling and drop in pot with cabbage, greens, or stews.

— Mrs. Irene O'Neal

PONE BREAD

4 cups sifted meal

1 cup molasses

1 cup flour

1 teaspoon soda

1 teaspoon salt

Scald meal with hot water, just enough water to make stiff batter. Let this stand overnight. Next day add soda and molasses, flour and salt. Add enough water to make a thin batter.

Melt 1 tablespoon of shortening in pan, then pour in batter. Bake at 250 degrees until done, about $1\frac{1}{2}$ to 2 hours.

— Mrs. Tressie Howard

CORN BREAD

2 cups corn meal	2 tablespoons sugar
2 teaspoons baking powder	1 tsp. salt
1 cup flour	

Sift meal and flour together, add baking powder salt and sugar. Mix together $\frac{1}{2}$ cup Carnation milk, 3 cups water and 2 eggs beaten, $\frac{1}{2}$ cup melted shortening.

Mix well and bake in well greased pan till brown. Have oven 450 degrees.

— Mrs. Dell Scarborough

SPOON BREAD

1 cup hot water	3 tablespoons shortening
1 cup corn meal	1 teaspoon salt
1 cup sour milk	$\frac{1}{2}$ teaspoon soda
1 tablespoon sugar	2 eggs

Add hot water to cornmeal, then shortening, sugar and salt. When well mixed add milk in which soda has been dissolved. Add well beaten eggs.

Bake 30 to 40 minutes in a moderate oven, 375 degrees.

Serve hot from pan with spoon.

— Mrs. Lola Williams

BOSTON BROWN BREAD

$1\frac{1}{4}$ cups whole-wheat flour	$1\frac{1}{2}$ cups buttermilk
$\frac{1}{4}$ cup sugar	1 heaping teaspoon soda
1 teaspoon salt	$1\frac{1}{4}$ cups white flour
$\frac{1}{4}$ cup molasses	

Sift flour, sugar, salt; add molasses and buttermilk and soda dissolved in a little warm water. Stir well. Add raisins and nuts if desired.

Bake in greased bread-loaf pan about an hour at 350 deg. Let cool in pan a few minutes. (If you desire a moist bread, wrap the loaf in wax paper for about 15 minutes while still hot.)

— Mrs. Alice Rondthaler

SWEET POTATO BISCUITS

Boil yams or sweet potatoes until done; mash.

2 cups mashed hot yams	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ cup sugar
1 teaspoon salt	2 tsp. baking powder

Mix first three ingredients together. Let cool. Add just enough flour to hold together.

These are flat and do not rise but very little. If too sticky a little more flour can be added sparingly.

Bake in hot. 450 deg., oven about 15 to 20 minutes. These are crusty outside and soft inside. Serve with plenty of butter.

— Mrs. Hilda Scarborough

PONE BREAD

2 lbs. Corn Meal
2 cups flour
1 teaspoon baking soda

$\frac{1}{2}$ pint molasses
 $1\frac{1}{2}$ teaspoon salt

Sift corn meal, add boiling water till wet and mushy, then add cold water till fairly thin. Add flour, molasses, and salt. Let stand overnight. Then add baking soda.

Put in well greased pan, bake about 2 hours or longer, the slower the better, in very slow oven, 250 deg. Put cover over pan in last part of baking. When baked this has a very thick crust all over.

— Mrs. Lena Williams

THIN CORN CAKES

1 cup meal
 $\frac{1}{2}$ cup flour
1 egg
1 tsp. baking powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup canned milk
with $\frac{1}{2}$ cup water

Fry in thin cakes.

— Mrs. Levella Howard

BATTER CAKES

To one cup meal add lard the size of a big walnut, scald with boiling water, about $\frac{1}{2}$ cup, thin with clabber that has been sweetened with $\frac{3}{4}$ teaspoon soda.

Sift one cup flour with two teaspoons baking powder, add to first mixture and beat well. Now add one egg and beat thoroughly. Bake on well greased and hot griddle.

— Mrs. Myra Wahab

BEATEN BISCUITS

Sift two cups flour with one teaspoon of salt. Mix in two tablespoons lard and enough milk and water in equal parts to make stiff dough, not quite as stiff as pie crust. Use rolling pin, blunt end of a hatchet or a wooden mallet and beat until it blisters and pops when hit, at least 20 minutes. When it is blistered, smooth and white, roll out thin and cut. Prick each biscuit with a fork.

Bake in hot oven, 475 degrees. Serve hot.

The cold ones are excellent for serving with salads or with ham.

— Mrs. Myra Wahab

POOR MAN'S STEW

12 small potatoes
1/4 lb. salt pork
1 can crushed corn

1 onion
Pepper and Salt
4 cups water

Peel potatoes (cooked whole), cut pork in slices, add to potatoes, then add corn, onions, water, etc. Cook all together until potatoes and pork are done. Add more water if a thinner stew is desired.

— Mrs. Dell Scarborough

POTATO SALAD

3 cups diced potatoes
2 hard-boiled eggs sliced
1/4 cup bell pepper diced
1/4 cup sweet pickles

1 small onion chopped fine
3/4 cup mayonnaise
1/2 tsp. celery seed
1/4 tsp. salt

Combine all ingredients, serve on lettuce.

— Mrs. Olive Garrish

STEWED IRISH POTATOES

8 potatoes cut in cubes
1/4 lb. salt pork cut and fried till lightly brown in saucepan.

2 large onions cut up

Add potatoes to salt pork after browning, add onions and salt and pepper.

Cook slowly until potatoes are cooked down thick.

— Mrs. Loui Dell Williams

HASH BROWN POTATOES

8 large potatoes

1/2 cup flour, pepper and salt

Peel and slice potatoes, then sprinkle potatoes with flour, pepper, and salt. Then fry out cubes of fat pork in iron frying pan. Add potatoes and half cup of water. Cover with lid and cook until brown, set aside covered until ready to serve.

— Miss Lucy Garrish

MACARONI SUPREME

1 pkg. elbow macaroni
1 lb. ground beef
1 tablespoon sweet pepper
1 tablespoon onion
1/2 teaspoon black pepper

1/2 teaspoon mustard
1 teaspoon salt
Small can of tomatoes
2 tablespoons butter or margarine

Cook macaroni, then mix beef and other ingredients. Bake in 325 deg. oven.

— Mrs. Elsie W. Tolson

HAM BONE SOUP

1 ham bone
1 large can tomatoes
1 cup rice

3 small potatoes
1 medium onion
1 small can whole grain corn

Boil bone for a few minutes then add ingredients. Cook until done.

— Mrs. Irene O'Neal

BREADED PORK CHOPS

Crumble cold biscuits or loaf bread real fine, salt and pepper pork chops. Sprinkle with bread crumbs and place in baking pan and bake slowly until tender and brown.

— Mrs. Bessie Howard

APPLE CUSTARD PIE

Peel sour apples and stew until soft and not much water is left in them, rub through a colander. Beat three eggs for each pie, put in proportion of one cup butter and one of sugar for three pies, season with nutmeg or cinnamon.

— Mrs. Bessie Howard

APPLE PIE or CRACKER PIE

2 cups water
1½ cups sugar

2 tsp. cream of tartar

Put in a saucepan and bring to boil. Boil hard and stir for 1 minute. Remove from fire and drop in 20 Ritz Crackers. Let stand while making crust. Pour in crust. Dot with butter and cinnamon. Bake 375 deg. about 45 minutes.

— Mrs. Virginia Esham

LEMON CHESS PIE

3 eggs
1½ cups sugar
¼ cup lemon juice
grated rind of one lemon

Pinch of salt
4 tablespoons melted butter
(not margarine).

Beat eggs until fluffy, add all other ingredients and mix thoroughly. Pour into unbaked 8 inch pie shell. Bake in 350 deg. oven for 35 to 40 minutes.

— Mrs. Myra Wahab

CANTALOUPE PIE

Take one good cantaloupe ripe, cut in cubes, mix 3 egg yolks with milk and sugar to taste. Put the cantaloupe cubes in eggs and sugar. Cook for one hour until cubes are done. Make pie crust for 2 pies. Bake the crust. Pour in filling and beat egg whites. Add 6 tblsp. sugar gradually, pile on pies and brown lightly.

— Mrs. Elizabeth Myers

MOLASSES CAKE

¾ cup molasses
2 eggs
¾ cup brown sugar
¾ cup melted shortening
2⅓ cup sifted flour
¾ teaspoon ginger
½ teaspoon nutmeg

1¼ teaspoon cinnamon
1/8 teaspoon cloves
2 teaspoons soda
½ teaspoon baking powder
½ teaspoon salt
1 cup boiling water

Beat eggs in mixing bowl, add sugar, molasses and shortening, mix well. Sift dry ingredients and beat with vigor. Last add boiling water, mix well. Bake at 350 degrees for about 45 mins.

— Mrs. Myra Wahab

PLAIN CAKE (use any filling desired)

1 cup butter
2 cups sugar
3 cups flour
1 cup milk

4 eggs
1 teaspoon baking powder
1 teasp. flavoring

— Mrs. Bessie Howard

AUNT LUCY'S DATE CAKE

1/2 lb. chopped dates	3/4 cup sugar
2 cups chopped nuts (walnuts or pecans)	1/2 teaspoon salt
1 1/4 cups sifted flour	1 teaspoon vanilla
3 teaspoon baking powder	3 eggs separated

Beat egg yolks until lemon colored, combine dry ingredients and mix with yolks of eggs. beat egg whites until stiff but not dry, add to mixture and blend, now add dates and nuts, do not use any other liquid. Bake in a loaf pan about 1 hour at 300 degrees.

— Mrs. Myra Wahab

CHOCOLATE POUND CAKE

1/2 lb. butter	1/4 tsp. salt
1/2 cup Crisco	3 eggs
2 3/4 cups sugar	4 tablespoon cocoa
3 cups flour	1 cup milk
1/2 tsp. baking powder	1 tsp. vanilla

Cream butter and Crisco, sugar, add eggs one at a time. Add flour, baking powder, cocoa, and salt, alternately with milk. Start in cold oven, bake one hour and 15 minutes at 350 deg.

CHOCOLATE ICING

1/4 stick butter	1/4 cup milk
3 cups 4x sugar	1/2 tsp. salt
3 squares chocolate	1 tsp. vanilla

Melt butter and chocolate. Add sugar and milk, until you can spread.

— Mrs. Lillian Simpson

APPLE SAUCE CAKE

1/2 cup butter or margarine	1 cup mincemeat
1 cup sugar	1 1/2 cups flour
1 egg	1/4 teaspoon salt
1/2 cup dates	1 teaspoon soda
or preserved figs (cut fine)	1/3 teaspoon cloves
1/2 cup raisins	1 teaspoon cinnamon
1 cup nut meats	1 cup apple sauce

Cream butter and sugar. Add eggs, dates, raisins, mincemeat, and nuts. Mix all dry ingredients together and add to creamed mixture. Last of all work in apple sauce. Bake about an hour or a few minutes longer at 325 degrees.

— Lela G. Howard

MOLASSES CAKE

1 cup lard	3 c. flour
1 cup sugar	1 tsp. salt
2 cups molasses	1 tsp. cinnamon, allspice, nutmeg,
1/2 tsp. baking soda	cloves, and ginger
2 c. coffee	

Can add raisins if desired.

Cream lard and sugar. add molasses. Put baking soda in coffee, add with flour and spices. Grease pan and dust with flour. Place in center of oven, bake 275 degrees about 1 hour.

— Mrs. Addie Williams

DATE CAKE

1/2 pkg. dates
1 tsp. soda
1 cup boiling water
(mix and let cool)
1 cup sugar

1 egg
1 tsp. vanilla
1 1/2 cup flour
1 tsp. salt
1/2 cup nuts

1/4 cup margarine or spray

Bake 1/2 hour at 350 degrees.

Cream sugar, margarine and egg, then add first mixture when cool enough. Then add the other ingredients. Pour cake mixture in pan 12" x 5" then top with following mixture.

5 tblsp. melted butter

3 tblsp. Cream or canned milk

8 tblsp. Brown sugar

1/2 cup nuts

— Mrs. Hilda McWilliams

CHOCOLATE LAYER CAKE

1/2 cup butter
1 teaspoon vanilla
3 eggs

1 1/2 cups sugar
2 cups flour

Blend together sugar and butter, then add flour, eggs, and vanilla.

Use your own favorite icing, or 1 pkg. Phila. Cream Cheese, 2 cups 4x sugar, 2 squares bitter chocolate, 1 teaspoon vanilla, and pinch salt.

— Mrs. Irene E. O'Neal

CHERRY CAKE

8 well beaten eggs
1 lb. cherries — candied
1/2 lb. pineapple cut — candied

2 lb. pecans
2 lb. dates

(Beat eggs and add with this part. Mix the above together and then add).

2 cups flour sifted

1 teaspoon salt

2 cups sugar

2 teaspoons baking powder

Mix these dry ingredients and add to the above mixture. Mix well together bake about (300 deg.). There is no butter or liquid in the cake. It is best to bake in a pan that has a stem in the center.

— Mrs. Levella Howard

FIG CAKE

Use regular butter cake recipe. Bake in thin layers. Spread layers with fig filling.

1 qt. preserved figs, add little sugar. Grind figs and heat enough to spread.

— Mrs. Levella Howard

SPICE CAKE

2 cups white sugar
2 cups water
1 tsp. soda slightly heaping
1 tsp. cloves
1/2 tsp. salt

2 heaping tblsp. shortening
1 lb. raisins
1 tsp. of cinnamon
1 asp. of nutmeg
3 cups of flour

Boil together for five minutes sugar, water, shortening and raisins, when cool add other ingredients.

— Mrs. Irene E. O'Neal

OZARK PUDDING

1 egg	1/8 teaspoon salt
3/4 cup sugar	1/2 cup chopped nuts
2 tablespoons flour	1/2 cup chopped raw apples
1 1/4 teaspoon baking powder	1 teaspoon vanilla

Beat egg and sugar for considerable time until it is very smooth. Mix flour, baking powder and salt, stir into sugar-egg mixture. Add apples, nuts, and vanilla. Bake in a well buttered pie pan in a medium oven (350) for 35 minutes. Serve with whipped cream or ice cream.

(Mrs. Truman's Recipe for Ozark Pudding) — Mrs. Myra Wahab

RAISIN DUFF

1 cup flour	1/2 cup water
1/2 cup raisins	2 tsp. baking powder
1 egg	1/2 tsp. salt
	1 tblsp. butter

Put in double boiler, cook one hour or test with cake tester, if dry, duff is done. Serves four.

Serve with egg sauce as follows:

2 eggs separated, beat whites very stiff, add 1/2 cup sugar, 2 well beaten egg yolks, this takes lots of beating. Combine each, add 1 teasp. cooking sherry or vanilla, dash of nutmeg if desired.

— Mrs. Eva Williams

RICE FRUMENTY

1 cup rice	1/2 cup canned milk
1 cup sugar	1/2 cup water
salt	small lump butter
3 eggs separated	1 teaspoon flavoring

Cook rice until done and water is cooked away. Add sugar, salt, and cook about ten minutes longer. Mix milk and water and add. Cook down. Add butter. Beat eggs separately then put yolks and whites together. Remove rice from fire and add egg mixture and flavoring. Sprinkle with nutmeg.

— Mrs. Dell Scarborough

IRISH POTATO PUDDING

3 or 4 medium size Irish potatoes	1 can (small crushed) pineapple
4 eggs	3/4 cup milk
1/2 stick butter	1 cup water
1 1/2 cups sugar	1/8 teaspoon salt
1 pk. frozen coconut 5 oz. or	1 teaspoon vanilla

Beat yolks of eggs; add sugar, salt, gradually. Peel and grate potatoes, add to egg and sugar mixture, add melted butter. Beat egg whites stiff, fold in mixture. Pour in buttered baking dish and bake slowly until brown and solid.

— Mrs. Eleanora Ballance

BREAD PUDDING

5 slices bread (stale or fresh)	3 eggs
trim off edges	2 cups of milk
3/4 cup sugar	1 cup water
1 cup raisins	1 tsp. lemon flavoring
1/2 stick margarine	1 tsp. vanilla flavoring

Soak bread in water and mash fine — add sugar, eggs (beaten), milk, raisins and flavoring. Put in baking pan; sprinkle with margarine. Cut in bits. Cook 1 hour.

— Mrs. Dell Scarborough

SWEET POTATO PUDDING

2 grated sweet potatoes

1 cup sugar

4 eggs (beat in one at a time)

$\frac{1}{4}$ cup butter melted

Make as listed. Bake about $\frac{1}{2}$ hour at 300 deg. or until knife inserted in pudding comes out clean

1 can evaporated milk

2 cans water

1 teaspoon vanilla or cooking sherry

— Mrs. Loui Dell Williams

OLD FASHIONED MOLASSES PUDDING

Soak enough bread to make 4 cups, then add 2 cups molasses, $\frac{1}{2}$ cup sugar, 2 cups milk, $\frac{1}{2}$ stick butter or margarine, 3 eggs well beaten, flavor with spices or almond or maple flavoring, whichever is preferred.

Bake in not too shallow pan until cooked well done and brown, about 300 degrees.

— Mrs. Dell Scarborough

SWEET POTATO PUDDING

Boil sweet potatoes, peel and mash 4 cups, mix with 3 cups milk, 1 cup sugar, $\frac{1}{2}$ cup flour, 3 eggs, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, 1 stick margarine or butter. Flavor with spice or flavoring vanilla or lemon. Add coconut if desired. Bake in pudding pan about 1 and $\frac{1}{2}$ hours at 300 degrees.

— Mrs. Dell Scarborough

HEAVENLY HASH

1 pint whipped cream

$\frac{1}{2}$ pkg. marshmallows

Melt marshmallows over low heat. Then put into whipped cream along with fruit and nuts. Place in tray and freeze.

$\frac{1}{2}$ can Fruit mix

$2\frac{1}{2}$ cups nuts

— Mrs. Lola Williams

SNOW CREAM

4 eggs

1 can condensed milk

pinch salt

4 tblsp. sugar

Separate eggs, beat egg whites till stand in peaks, add sugar gradually, beat egg yolks till light, add salt, milk, fruit, then fold in egg whites, add snow last, serve immediately.

can crushed pineapple or

chopped can peaches, drained

large bowl snow

— Mrs. Loui Dell Williams

MOLASSES CANDY

1 cup molasses

2 cups sugar

Boil ten minutes, then cool it enough to pull.

1 tablespoon vinegar

little butter and vanilla

— Mrs. Bessie Howard

SPANISH SAUCE

$\frac{1}{2}$ cup of boiling water

1 tablespoon corn starch

2 tablespoons vinegar

1 tablespoon butter

1 cup sugar

$\frac{1}{2}$ nutmeg grated

— Mrs. Bessie Howard

PICKLED FIGS

7 lbs. figs (not too ripe and with stems on). Wash and cook in syrup, 20 minutes or until tender.

4 lbs. sugar

1 pt. vinegar

1 tsp. whole cloves

1 tsp. whole allspice

1 tsp. ginger

— Mrs. Virginia Esham

PRESERVED FIGS

1 peck ripe figs

6 lbs sugar

Wash figs, cover with sugar and bring to a boil. Second day cook about 2 hours. Third day cook about 1 hour. Put in sterilized jars and seal.

— Mrs. Lena Williams

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